



THE LIGHTHOUSE
CENTER FOR WELLBEING



Raymee Grief Center



No one has to grieve alone.

IF YOU, OR SOMEONE YOU KNOW, IS GRIEVING THE DEATH OF A LOVED ONE, OUR DOORS AND OUR HEARTS ARE OPEN TO YOU – REGARDLESS OF WHEN THAT LOSS OCCURRED. ALLOWING LIFE TO RETURN TO YOU AFTER A SIGNIFICANT LOSS BEGINS WITH UNDERSTANDING WHAT TO EXPECT FROM GRIEF, AND HOW IT CAN IMPACT YOU.

We are here to help

The Raymee Grief Center provides free one-on-one consultations and support groups for individuals and families who are affected by grief. Founded in 2011 by Dr. Saliha Afridi & Dr. Tara Wyne, it remains the only grief support center in the Gulf region. Run by grief specialists at The LightHouse Arabia, the center can help you to understand what to expect from grief, how grief can impact you, and how to heal you and your family.



*“Grief is not
a disorder, a disease,
or a sign of weakness.
It is an emotional,
physical, and
spiritual necessity.
The only cure for
grief is to grieve.”*

EARL GROLLMAN



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INDIVIDUAL & GROUP SERVICES

ALL INDIVIDUAL AND GROUP SERVICES ARE FREE-OF-CHARGE.

Grief Consultation

A confidential, 60-minute session with a grief specialist, one-on-one. During this session, you will gain a deeper understanding of what grief is, what to expect from it, and how to heal through it.

Grief Support Groups

MOTHERLESS DAUGHTERS SUPPORT GROUP
A bi-weekly support group for women aged 18-years and above who have lost their mother. This group is modeled after the book, *Motherless Daughters*, by Hope Edelman.

GENERAL ADULT GRIEF SUPPORT GROUP
A bi-weekly support group that provides a safe space for anyone aged 18-years and above, who is grieving. This includes the death of a child, spouse, sibling, friend, parent, or colleague.

TEEN, MIDDLE, & LITTLES GENERAL GRIEF SUPPORT GROUPS

Bi-weekly support groups for:

Teens: 13 – 17 years old

Middles: 6 – 12 years old

Littles: 3 – 5 years old

LITTLE LIFETIMES: PREGNANCY & INFANT LOSS

A monthly support group for parents grieving the death of a pregnancy or child.

SUPPORT AFTER LOSS TO SUICIDE (SALS)

A monthly support group for individuals grieving the loss of a loved one to suicide.

CORPORATE & COMMUNITY SERVICES

CRITICAL INCIDENT STRESS DEBRIEFINGS (CISD)

CISD's are a structured 7-phase group intervention that takes place in response to a traumatic event which is facilitated by a licensed clinical psychologist that specializes in grief and trauma.

GRIEF TRAINING FOR SCHOOLS, HOSPITALS, AND PUBLIC & PRIVATE ORGANIZATIONS

Grief training equips participants with the ability to identify common grief reactions, learn principles for guiding grief, and how to support someone who is grieving. Trainings are customized to your organization's unique needs.

BEREAVEMENT POLICY GUIDANCE for schools & organizations

Modelled on The Dougy Center –

the National Center for Grieving Children and Families in the US, the Raymee Grief Center was founded in 2011 to give everyone in the UAE the opportunity to grieve in a supportive and understanding environment.

“The only way out, is through.”

ROBERT FROST
Poet and bereaved father of two children





To schedule a free grief consultation or sign up for a support group, please send an e-mail to info@lighthousearabia.com or call **+971 (0)4 380 2088**.

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